

MAMA KA'Z BANANA BREAD

NUTRITION INFORMATION		
Servings per package: 12		
Serving size: 160g (approx. 1 slice)		
	Average quantity per serving	Average quantity per 100g
Energy	1430kJ (342Cal)	907kJ (217 Cal)
Protein	8.3g	5.2g
Fat, total	8.2g	5.2g
Saturated fat	1.0g	0.6g
Carbohydrate, total	57.6g	36.5g
Sugars	18.8g	11.9g
Dietary fibre	3.3g	2.1g
Sodium	467mg	292mg
Vitamin C	7.4mg (19% RDI*)	4.7mg
Iron	1.6mg (13% RDI*)	1.0mg
Folate	27µg (14% RDI*)	17µg

*Recommended Dietary Intake

Nutrient values may vary due to seasonal variation.

Ingredients: Banana (39%), **wheat flour**, water, **egg**, sugar, canola oil, raising agents (450, 500)

May contain traces of tree nuts

Claims that Mama Ka'z can make on Banana Bread packaging:

- No added colours, flavours or preservatives
- Made with real bananas
- Dairy free
- Contains less than 9g fat per serving
- Contains less than 6% fat
- High in dietary fibre (if you make this claim fibre must appear in the NIP, but I would recommend having it in the panel anyway)
- Source of Vitamin C (if you make this claim, Vitamin C content has to appear in the NIP)
- Source of folate (if you make this claim, folate content has to appear in the NIP)
- Source of iron (if you make this claim, iron content has to appear in the NIP)